

SACRAMENTO SUMMER LUNCHBOX



Sample Social Media Posts



MORE SACRAMENTO SUMMER LUNCHBOX RESOURCES ONLINE

Go to yourlocalunitedway.org/sacsummerlunchbox for social media images, sample flyers, newsletter copy, calendar listings, parent letters and social media posts you can use to craft your unique message that fits your audience(s).

Audience	Twitter	Facebook
Parents	This summer, lunch is on US! (USDA that is) Find free summer lunch sites near you by texting FOOD to 877-877!	NorCal moms, need a lunch break this summer? Check out FREE activities + lunches for kids 18 and under near you. Text FOOD to 877-877 or visit bit.ly/findsummermeals
Parents	Got kids? Feed 'em free! Summer meal programs open to all kids 18 and under. Text FOOD to 877-877 for locations!	Moms, save \$300 FAST! Check out free summer meal sites near you. Open to ALL kids 18 and under, all summer long. NO PAPERWORK REQUIRED! Text FOOD to 877-877 or visit bit.ly/findsummermeals
Parents	Free lunch for all kids 18 and younger- no paperwork required! Visit bit.ly/findsummermeals	MOMS, save \$300 a month this summer! Check out free summer meal sites in your neighborhood. Open to ALL kids 18 and under, all summer long. NO PAPERWORK REQUIRED.
Parents	Moms, don't forget! Free summer meals are still available for all kids 18 and under! Text FOOD to 877-877 or visit bit.ly/findsummermeals	Summer's in full swing. If feeding kids while they're out of school is stressing your food budget, check out the free summer meals program for all kids 18 and under. To find a location near you, text FOOD to 877-877 or visit bit.ly/findsummermeals
Parents	Kids 18 & under eat free. Summer meals available nearby. Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.	Kids 18 & under eat free. No adults necessary! Visit bit.ly/findsummermeals or text FOOD to 877-877 for meal location near you. No paperwork required!
Parents		Is your child receiving free or reduced-price lunches at school? Worried about how you will feed them this summer? FREE summer meals help! No forms, no lines and best of all, no cost! Visit



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		bit.ly/findsummermeals or text FOOD to 877-877 for a location near you.
Mid-Summer	More Locations Added! For free meals for kids 18 and under, find a free summer meals site near you. Text FOOD to 877-877 or visit bit.ly/findsummermeals	Moms need a summer break too! Take a lunch break and treat your kids to a Free Summer Meal! Sites are available near you. Just text Text FOOD to 877-877 or visit bit.ly/findsummermeals
Mid-Summer	Free lunch? It's not just a midsummer night's dream. Text FOOD to 877-877 or visit bit.ly/findsummermeals for locations	
Mid-Summer	Healthy eating shouldn't stop just because school's out! Free lunch for kids all summer long.	Healthy Eating Made Easier This Summer! Free lunches available for all kids 18 and under, no paperwork, no restrictions! Text FOOD to 877-877 or visit bit.ly/findsummermeals
Mid-Summer	Almuerzo gratis para niños este verano. No papeles necesarios. Llame 1-877-8-HAMBRE	
Kids	This summer, lunch is on US! (USDA that is) Find free summer meal sites near you by texting FOOD to 877-877!	Don't let lunch take a summer vacation! Meet up with friends for free meals + fun in your neighborhood. Text FOOD to 877-877 for a lunch spot near you.
Kids	JUST FOR KIDS! Meet for lunch with your friends. Text FOOD to 877-877 for a site near you!	FOOD, FRIENDS + FUN! Meet me at (location) for a free lunch + activity.
Kids	Meet me for lunch! Text FOOD to 877-877 for locations!	Summer tastes sweet! Check out food, fun + activities for lunch near you. Visit bit.ly/findsummermeals or Text FOOD to 877-877
Kids	Free lunch? Milk it for all it's worth! Text FOOD to 877-877 for locations!	I'm small, yellow or white and lined up in rows on a "cob." I'm popular at picnics and barbecues. What am I? CORN! Kids can learn more and enjoy a free lunch by texting FOOD to 877-877 for a summer meal location nearby.
Kids	Why don't you starve at the beach? Because of all the "sand which is" there. Join me for lunch + laughs today at [INSERT LOCATION]	I'm flat and round like a CD or DVD. I can be made with corn or flour and help make tacos taste great. What am I? TORTILLAS! Kids can learn more about healthy grains and enjoy a free lunch. Text FOOD to 877-877 for a summer meal location nearby.
Kids	Q: How do you make a milk shake? A: Give it a good scare! Join me for lunch + laughs today at [INSERT LOCATION]	True or false? Eggs are part of the dairy food group. FALSE! Dairy foods come from cows. Dairy foods include milk, cheese and yogurt. Eggs come from chickens and are part of the protein group. Kids can learn more about food



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United Way
California Capital Region

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		group foods and enjoy a free lunch. Text FOOD to 877-877 for a summer meal location nearby.
Kids	Don't miss out on healthy eating. Summer meals still available near you! Text FOOD to 877-877 or visit bit.ly/findsummermeals	
Kids	Why wait til school starts to reconnect with your friends! Make a lunch date today! Text FOOD to 877-877 or visit bit.ly/findsummermeals	Why wait until school starts to reconnect with your friends! Make a lunch date today! Text FOOD to 877-877 or visit bit.ly/findsummermeals
Community	Spread the word! Lunch is on US this summer-USDA that is! Kids 18 + under eat free at sites in your neighborhood. Visit bit.ly/findsummermeals	80% of California's kids are missing out on healthy eating when school's out. Spread the word about FREE lunch this summer.
Community	Summertime + the eating is easy. Free lunches for kids + teens. Visit bit.ly/findsummermeals	MIND THE GAP: Nearly 80% of (Sacramento/Placer/Yolo/Sutter) kids who rely on free/reduced meals during the school year miss out on free lunch over the summer because THEY JUST DON'T KNOW!
Community	FREE FOOD IN A CENTER NEAR YOU. Text FOOD to 877-877 for a lunch spot near you.	GET INVOLVED! Sponsor a summer meal site for your community. Learn how http://www.fns.usda.gov/sfsp/how-become-sponsor
Community	FREE LUNCH FOR KIDS? Milk it for all it's worth! Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.	FREE LUNCH FOR KIDS? Milk it for all it's worth! Healthy balanced meals available M-F in your neighborhood. Open to all kids 18 and under. No paperwork necessary! Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.
Community	Healthy eating shouldn't stop just because school's out! Free lunch all summer long! Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.	Got Hunger? Visit bit.ly/findsummermeals or text FOOD to 877-877 for a free summer meal spot near you. Open to kids 18 and under.
Community	Good nutrition never goes on vacation. Free summer meals available for all kids 18 and under. Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.	Good nutrition never goes on vacation. Free summer meals available for all kids 18 and under. Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.
GeneralNutrition	Balanced meals boost brainpower all summer long! Kids 18 & under eat free. Visit bit.ly/findsummermeals or text FOOD to 877-877 for a lunch spot near you.	Every food group helps kids grow healthy + strong. Don't let them miss out on good nutrition this summer. Check out a free summer meal location near you. Visit bit.ly/findsummermeals or Text FOOD to 877-877 for free lunch spot.



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General Nutrition	Hey Kids! What's long, orange and grows in the ground + helps keep eyes healthy? CARROTS! Text FOOD to 877-877 for free lunch spot.	Hey Kids! What's long, orange and grows in the ground + helps keep eyes healthy? CARROTS! Text FOOD to 877-877 for free lunch spot.
General Nutrition	Fruits provide vitamin C and fiber as part of a balanced diet. Get your fruit on! Text FOOD to 877-877 for free lunch spot near you.	Fruits provide vitamin C and fiber as part of a balanced diet. Get your fruit on! Text FOOD to 877-877 for free lunch spot near you.
General Nutrition	Fruits provide vitamin C and fiber as part of a healthy diet. Get your fruit on! Text FOOD to 877-877 for free lunch spot near you.	Fruits provide vitamin C and fiber as part of a healthy diet. Get your fruit on! Text FOOD to 877-877 for free lunch spot near you.
General Nutrition	Vegetables help fill you up. Plus they can provide potassium, fiber + vitamins! Veg out: Text FOOD to 877-877 for free lunch spot near you.	Vegetables help fill you up. Plus they can provide potassium, fiber + vitamins! Veg out: Text FOOD to 877-877 for free lunch spot near you.
General Nutrition	Milk provides nine essential nutrients like calcium, vitamin D, protein and potassium. Text FOOD to 877-877 for free lunch spot near you.	Vegetables help fill you up. Plus they can provide potassium, fiber + vitamins! Veg out: Text FOOD to 877-877 for free lunch spot near you.
General Nutrition	Whole grains are important for a healthy heart. Text FOOD to 877-877 to grab some grains at a free summer meal site.	Whole grains are important for a healthy heart. Text FOOD to 877-877 to grab some grains at a free summer meal site.
General Nutrition	Build those bones! Milk is important to bone health for kids+ adolescents. Text FOOD to 877-877 to drink up at a meal site near you.	Build those bones! Milk is important to bone health for kids+ adolescents. Text FOOD to 877-877 to drink up at a meal site near you.
General Nutrition	Strive for 5! Kids 18 and under can enjoy a free meal with all 5 food groups today. Text FOOD to 877-877 for locations	Strive for 5! Kids 18 and under can enjoy a free meal with all 5 food groups today. Text FOOD to 877-877 for locations.
General Nutrition	Kids need healthy meals all year round. Check out USDA's summer meals program by texting FOOD to 877-877.	Kids need healthy meals all year round. Check out USDA's summer meals program by texting FOOD to 877-877.
General Nutrition	Don't let nutrition slide during summer vacation. Access to free balanced meals for kids during summer. Text FOOD to 877-877	Don't let nutrition slide during summer vacation. Access to free balanced meals for kids during summer. Text FOOD to 877-877



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